**Pitcher Workout Spring #1**

**Back & Shoulders – All, Odd, Even**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. **Pull-Up’s** | **Sets** | **Reps** | **Weight Used** |
| Palms Forward | 1-3 | 3 or 5 | BW |
| Palms Facing narrow grip | 1-3 | 3 or 5 | BW |

|  |  |  |  |
| --- | --- | --- | --- |
| 1. **Modified P.U.** | **Sets** | **Reps** | **Weight Used** |
| Palms Forward | 1-3 | 3-15 | BW |
| Palms Pronation | 1-3 | 3-15 | BW |
| Palms Supination | 1-3 | 3-15 | BW |

|  |  |  |  |
| --- | --- | --- | --- |
| 1. **Rev. Peck Deck** | **Sets** | **Reps** | **Low Rep Weight Used High Rep** |
| Regular | 1-3 | 3-15 |  |
| Arms 90\* | 1-3 | 3-15 |  |
| Arms Extended | 1-3 | 3-15 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| 1. **Standing Rows** | **Sets** | **Reps** | **Low Rep Weight Used High Rep** |
| Straight grip | 1-3 | 3-15 |  |
| Angle grip | 1-3 | 3-15 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **5. Cable Side Raises** | **Sets** | **Reps** | **Low Rep Weight Used High Rep** |
| Pull Up | 1-3 | 3-15 |  |
| Pull Down | 1-3 | 3-15 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Bent Over Flys | **Sets** | **Reps** | **Low Rep Weight Used High Rep** |
| Regular fly | 1-3 | 3-15 |  |
| 1. **V Raises** | 1-3 | 3-15 |  |
| 1. **MB Bench Toss** | 1-3 | 3-15 | 16 lb. |

**Chest & Arms – All, Odd, Even**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. **Regular push up** | **Sets** | **Reps** | **Low Rep Weight Used High Rep** |
| Choose 1 from list | 1-3 | 10 |  |
| 1. **Challenge push up** |  |  | **Low Rep Weight Used High Rep** |
| Choose 1 from list | 1-3 | 10 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Tri Pushdown | **Sets** | **Reps** | **Low Rep Weight Used High Rep** |
| Angled Bar | 1-3 | 3-15 |  |
| SB Tri push up | 1-3 | 3-15 | BW |

|  |  |  |  |
| --- | --- | --- | --- |
| 1. **Biceps Curls** | Sets | **Reps** | **Low Rep Weight Used High Rep** |
| DB Curls | 1 | 3-15 |  |
| 1. **DB Hammer** | 1 | 3-15 |  |

**Legs – All, Odd, Even**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. **DB Lunges** | **Sets** | **Reps** | **Low Rep Weight Used High Rep** |
| *Forward* | 1-3 | 3 or 5 |  |
| *Toes IN* | 1-3 | 3 or 5 |  |
| *Toes OUT* | 1-3 | 3 or 5 |  |
| 1. **Reverse Lunge** | 1-3 | 3-15 |  |
| 1. **Side Lunge** | 1-3 | 3-15 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| 1 Leg Press | **Sets** | **Reps** | **Low Rep Weight Used High Rep** |
| *Forward* | 1-3 | 3 or 5 |  |
| *Toes IN* | 1-3 | 3 or 5 |  |
| *Toes OUT* | 1-3 | 3 or 5 |  |
|  |  |  | **Low Rep Weight Used**  **High Rep** |
| 1. **2 Leg Press or Squat**   warm up= 1x 8 | 1-3 | 3-15 |  |
| 1. **Dead Lift** | **Sets** | **Reps** |  |
|  | 1-3 | 3-15 |  |
| 1. **1 Leg Ball Squat** |  |  | **Low Rep Weight Used High Rep** |
| Linear | 1-3 | 3-15 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| S.A.T. | **Sets** | **Reps** | **Low Rep Weight Used High Rep** |
| w/arm raise over head | 1-3 | 3-15 |  |
| Stand Cable curl | 1-3 | 3-15 |  |
| Ket Bell Swings | 1-3 | 3-15 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **\*\*Calf Raises**  (EVERY DAY) | **Sets** | **Reps** | **Weight Used** |
| Linear (Straight) | 1 | 15-25 |  |
| Supinate (Toes In) | 1 | 15-25 |  |
| Pronate (Toes Out) | 1 | 15-25 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| \*\*Seated GM | **Sets** | **Reps** | **Weight Used** |
| (EVERY DAY) | 3 | 10-15 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Forearms** | **Sets** | **Reps** | **Weight Used** |
| 1. Series 1 | 3 | 20-25 |  |
| 1. Series 2 | 3 | 20-25 |  |

**AB Workout – 1) daily core min. 3x3 reps**

**2) Partner 1 & 2 Both sides odd/even 3-15 reps =**

**3) Partner 3 & 4 Both sides odd/even 15+ reps = 1.5 hr**

**4) Med Ball Ab’s One side full 15+ reps = 1 hr**

**5) Bridge Ab’s**